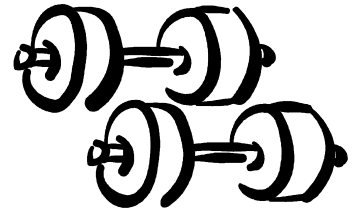


# Strength Training Benefits

**There are many benefits to strength training. Here are some of them:**



- Builds your muscle strength and stamina
- Improves your balance and coordination, making a fall less likely
- Helps firm and tone your muscles
- Makes it easier to do chores such as carrying groceries, shoveling snow, or doing yard work
- Prevents the loss of muscle tissue
- Keeps bones strong
- Improves your body's ability to use insulin and maintain healthy glucose levels (This is true whether you are diabetic or not.)
- Helps your body to burn more calories
- Takes stress off your joints

